

## **Examen on Eucharistic Themes**

### **Begin**

Taking a few deep breaths, settle mind, body, and spirit. Recognize the presence of God within. Ask God to guide the prayerful thoughts within.

### **Taken**

Thank you, God, for taking me into the divine embrace—for claiming me—for calling me by name.

Remember your baptism, how you were sealed by the Holy Spirit and marked as Christ's own forever. Or if you're not yet baptized, consider what those words mean as you prepare. Consider how God has been present in your life, and that you are in God's hands, whether or not we are always aware of it.

*How have I been claimed by God?*

### **Blessed**

Recognizing how God has taken you into that divine care, thank God for the many blessings in this life. Hold that sense of gratitude in your heart. Consider the unique talents, abilities, aptitudes, and callings God has given you.

*How have I been blessed by God?*

### **Broken**

Are there ways you have felt the opposite of blessed. When have you felt broken? The death or loss of a loved one? A failed relationship? Abuse or trauma? Difficulty in career? Lack of direction in life? Perhaps there is a personal weakness, physical, mental, or spiritual which makes the brokenness real. Be gentle with yourself and remember that God's mercy is steadfast.

*Can I receive the gift of God's mercy in light of my brokenness?*

### **Given**

God, show me how the ways I've been broken prepare me to share love with others. May my brokenness give me understanding of others' pain. May my brokenness strengthen me for that to which God is calling me. Gratitude again for God entrusting me to be God's gift to the world. I resolve to give myself to God and the world in whatever way God has revealed.

How is God giving me to the world?

### **Amen**

Yes, Lord. Amen.